

## Basque Pelota Exercises: Sets, Reps, Drills, and Durations

### General Structure

Basque pelota training incorporates a mix of strength, conditioning, and sport-specific drills. While direct sources on detailed pelota training protocols are limited, evidence from related studies and general athletic practices can help outline effective routines.

### Strength and Resistance Training

- **Sets and Reps:** A study on Basque pelota players compared two resistance training approaches:
  - **To Failure:** 3 sets of 10 repetitions at 10-RM (repetition maximum).
  - **Not to Failure:** Approximately 6 sets of 3–5 repetitions<sup>[1]</sup>.
- **Frequency:** Resistance training is typically performed 2–3 times per week, focusing on major muscle groups and explosive power<sup>[1]</sup>.

### Warm-up and Mobility Drills

- **Examples:**
  - Jogging
  - Jumping
  - Stretching
  - Circular movement exercises in groups<sup>[2]</sup>
- **Duration:** 5–10 minutes for a dynamic warm-up before main drills<sup>[2]</sup>.

### Sport-Specific Drills

- **Basic Pelota Drills:**
  - Practicing wall shots with both hands
  - Targeted accuracy drills (hitting marked spots on the wall)
  - Reaction and agility exercises (quick footwork, lateral movement)
- **Equipment:** Can use simple setups like plastic cups, ping-pong or rubber balls, and cones for markers<sup>[3]</sup>.

## Conditioning and Agility Drills

While not pelota-specific, basketball conditioning drills are highly transferable due to similar movement patterns:

Drill Name	Duration	Reps/Sets	Rest Interval	Focus
Suicides	28-32 seconds	3-5 sets	60-90 seconds	Speed, endurance
Lane Slides	15 seconds	4-6 sets	30-45 seconds	Lateral quickness
17's (court sprints)	60 seconds	2-3 sets	2-3 minutes	Anaerobic capacity
Ladder Sprints	5-48 seconds	3-4 sets (progression)	10-90 seconds	Sprint endurance
30-Second Suicides	30 seconds	2-4 sets	60-90 seconds	Max effort, recovery

These drills can be adapted to the pelota court, focusing on short bursts, lateral movement, and quick changes of direction<sup>[4]</sup>.

### Skill Drills: Sets vs. Timed Reps

- **Repetition-Based:** E.g., 20-30 wall shots per hand per set.
- **Timed Sets:** E.g., perform as many accurate wall shots as possible in 30 seconds.
- **Recommendation:** Alternate between timed and rep-based drills for variety and to encourage maximum effort and improvement<sup>[5]</sup>.

### Sample Weekly Structure

- **2-3 days/week:** Strength and resistance training (3-6 sets, 3-10 reps depending on intensity)<sup>[1]</sup>.
- **3-4 days/week:** Skill and conditioning drills (20-40 minutes total, with sets and rest as above)<sup>[2][4]</sup>.
- **Daily:** Warm-up and mobility (5-10 minutes)<sup>[2]</sup>.

### Summary

- Strength: 3-6 sets, 3-10 reps, 2-3 times per week<sup>[1]</sup>.

- Conditioning: Short, intense drills (15–60 seconds) with 1:2 or 1:3 work-to-rest ratios<sup>[4]</sup>.
- Skill: Mix of timed (20–60 seconds) and rep-based (20–40 reps) drills<sup>[5]</sup>.
- Warm-up: 5–10 minutes of dynamic movement<sup>[2]</sup>.

This structure supports the agility, endurance, and explosive power necessary for Basque pelota.

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1. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4731492/>
2. <https://www.salto-youth.net/tools/toolbox/tool/basque-pelota-sport-a-tool-for-intercultural-learning.1242/>
3. [https://www.kinderjoyofmoving.com/int/sites/kinderplussport\\_int/files/2023-08/game\\_basquepelota.pdf](https://www.kinderjoyofmoving.com/int/sites/kinderplussport_int/files/2023-08/game_basquepelota.pdf)
4. <https://www.hoopsplaybook.ca/conditioning/On-Court Basketball Conditioning Drills.pdf>
5. [https://www.reddit.com/r/Basketball/comments/gi1831/timed\\_sets\\_or\\_reps\\_based\\_workouts/](https://www.reddit.com/r/Basketball/comments/gi1831/timed_sets_or_reps_based_workouts/)